

## ELBOW JOINT

### Anatomy

Special Test :-

WRITING TEST

Starting position -

pt is in standing / sitting position. The examiner stands at the side.

method - The pt ask the pt to hold a towel examiner in both hands & swinging it.

Significance - If the pt complain pain during this procedure it indicate (+)ve test for 'lateral epicondylitis' or 'teni's elbow'.

### 2) COZENS TEST :-

S.P - pt is in a comfortable position. The examiner grip the pt distal forearm with one hand.

Method - The examiner ask the pt to make a form fist at the same time tries to passively flex the wrist.

Significance → Same as swinging test.

### 3) JUG TEST :-

S.P - The pt is asked to stand straight.

Method - He is asked to lift a jug full of water from the ground, holding it from its mouth.

Significance - The pt feels pain at the lateral epicondylar region. This confirms lateral epicondylitis.